
NSS started activities for the year 2014-2015 with the environment Day celebrations of June 5th. Anusree R of III Sem BCom is selected unanimously as the NSS Volunteer secretary for the year 2014-2015, in the presence of Programme Officers Dr Manju Madhavan and Dr Mimi Mani Panakkal. Under the guidance of Programme officers, with the sincere efforts of Volunteer secretary and wholehearted cooperation of the NSS Volunteers, NSS could conduct various activities inside the college premises and also at various other places in the city. Theme of NSS for this year was “Family Farming” and “Clean Person Healthy Person”.

5 -6- 2014 Enviroment Conservation Awareness Rally and Tree Planting

The NSS units of Vimala College organised a Environment Conservation Awareness Rally in connection with World Environment Day which aimed at spreading awareness among common people about the importance of conserving our environment and save Mother Nature from pollution. Rally started from Vimala College and moved up to the Hindi Teachers Training Institute Ramavarmapuram. The III Semester NSS Volunteers raised various slogans about the conservation of environment throughout the rally. Reverend Principal Dr Sr. Maries V L, Vimala College inaugurated the rally.

The Chief Instructor, Staff and Students of the Govt. Hindi Training Institute Ramavarmapuram welcomed the Rally. Sri Manoj Kumar, Chief Instructor, Hindi Teachers Training Institute addressed the rally and mentioned the importance of Environment Conservation. Later, the Environment Day Oath was taken. After cleaning the Campus fifty trees were planted in the Institute.
13-6-2014  Competition - Essay

In connection with the Environment Day Celebration an Inter Departmental Essay Competition was conducted on the Topic “Waste Management – challenge and concern” in English and Malayalam.

In English, Nahna Kamarudheen and Tesma Joby of III Semester Functional English were placed First and Second respectively.

19-6-2014 Participation in District Level Competition -- Environment Day Celebration

Rincy Davis of V Semester Chemistry Participated in the District Level Elocution competition and Nahna Kamarudheen (III Semester Functional English ) Participated in the District Level Essay Competition conducted by the Suchitwa Mission ,Kerala Government at Kerala Varma College, Thrissur as part of Environment Day Celebration .Rincy Davis of V Semester Chemistry secured II position in the Elocution competition.

23-6-2014 Free Eye Camp in association with Thrissur Eye and Diabetics Hospital

Free Eye Camp in association with Thrissur Eye and Diabetics Hospital organized from 9.30 am in the College Auditorium. Dr Pheebe, Ophthalmologist, Thrissur Eye Hospital, Consultant Mother Hospital headed the seven member team from Thrissur Eye Hospital. Three hundred Students, Teachers, Non Teaching Staff availed this opportunity. The camp was inaugurated by the Principal Dr Sr. Maries V L.
26-6-2014 Participation in Seminar

Four NSS volunteers, Neelima T.M, Anu C.S., Subitha K., Jenny K.J attended District level Lahiri Virudha Seminar organized at Govt. Mental Hospital, Thrissur as part of Lahiri Virudha Day celebrations.

23-7-2014 Participation in Seminar

Five NSS volunteers, Ranitha , Daisy, Anila P ,RiyaShah , Greeshma K.S., attended District Level Seminar on Right to Information Act and Consumer Act at St Thomas College, Thrissur.

2-8-2014 Seminar Organised - Importance of Self Esteem in successful life.

A seminar on Importance of Self Esteem in successful life was organized by NSS in association with Women Development Cell on 2nd August. The seminar was lead by Sri Jayesh K.G Clinical Psychologist, Community Health Centre, Cherpu. The class was attended by 100 NSS volunteers.


Workshop on paper bag making was conducted on 2nd August for NSS Volunteers. The class was lead by the NSS Volunteers Varsha Vijayan and Varna Vijayan.
13-8-2014  Competition - District Level

Two NSS Volunteers Kumari Anusree M.P and Kumari Anusree R participated in the Elocution Competition conducted by the Ministry of Health and Family affairs. Venue was at Conference Hall at DMO office, Thrissur. Kumari Anusree M.P secured 3rd Prize in the competition.

14-8-2014  Organised Blood Donation Camp

NSS organised a blood Donation Camp in association with IMA Ramavarmapuram. About 70 students donated blood. IMA’s Blood donation camp valedictory function “Kalalayathuligal” was organised at College Seminar Hall in association with NSS.
15-8-2014 Observance - Independence Day

Independence Day commenced in the College with Flag Hosting at 8 am. Dr. Sr. Maries V. L., Our Principal gave away the valuable Independence Day message. NSS Volunteers also delivered inspiring Speech on Independence Day. All the NSS volunteers participated in the Independence Day celebrations.

15-8-2014 Seminar Participation

IMA Blood Bank during their 10th Anniversary programme on 15th August. Conducted a Seminar at IMA Ramavarmapuram Blood Bank. Two of Our NSS volunteers attended the programme. The programme was inaugurated by Hon. Health Minister Sri. Sivakumar and...
presided over by Hon.MLA Therambil Ramakrishnan. Programme .The programme was conducted between 9 A.M. and 12 P.M.

19-8- 2014 Seminar participated Youth Day

Ten volunteers attended a seminar at Jilla Panchayath Conference Hall as part of Youth Day Celebration organised by the Yuva Kendra Thrissur. All the students assembled in the College auditorium and took pledge.

20 -8- 2014 Observance - Dry Day

Dry Day celebrated by providing a message to the local community about the diseases spread due to waterlogging.
Ayurveda Medical Camp and an awareness lecture on the importance of Ayurveda was organised on 23rd August. Medical camp was conducted in the College Auditorium. Students and many of their Parents ,Teachers,Non teaching staff and the local community members availed the facility. Medicine were also provided to some of the patients.

Seminar on organic farming was arranged for the NSS Volunteers. The class was lead by K.P Ilyas ,Secretary ,All Kerala Organic Farming Association. He mentioned the importance of organic farming. How farming was practiced during the early days, the knowledge of farmers of yeaster years. How the change in farming came with the introduction of pesticides and fertilizers. The improper use of these created problems to the people as well as to the land. The increase in the number of dreadful diseases like cancer mental retardations were also mentioned. The class was informative, gave an idea where to start with the organic farming,how you can make a small vegetable garden etc.
8-9-2014 to 14-9-2014 Special Camp Theme “Family Farming”

NSS Special camp organised at Ward VII and V of Thrissur Corporation. The theme was Family Farming for a Healthy Family. The Camp inaugurated by Sri Therambil Ramakrishnan MLA on 9th September. Setting up of vegetable garden at NS UP School and selected houses in the Ward V and VII, classes on animal rearing, organic farming, personality development, adolescent problems, exhibition on ecofriendly products and awareness on the ecofriendly products were the activities included in the camp. The camp ended on 14th of September.

24-9-2014 Observance - NSS Day - seminar organised

NSS Day was celebrated by the volunteers. A seminar was organised for the students of our college on Life Without Medicines by Sri C.C Jose Chairman Janarogya Prasthanam Thrissur.
1-10-2014 Observance - World Blood Donors Day

World blood donors day was observed by participating in the rally organised by DMO and NSS Unit of St.Thomas College Thrissur. The NSS Volunteers participated in the rally with placards and slogans. The rally started from St Mary’s College and ended at St Thomas College.

1-10-2014

NSS Volunteers took the pledge and involved in the cleaning of College premises.

2-10-2014 Suchitwa Mission – Cleanliness Campaign

As part of the Mass cleanliness campaign all the NSS volunteers reported at the College. Along with the Programme officer Dr Mimi Mani Panakkal they cleaned the college premises especially the NSS room, neighbouring areas of our college. The NSS volunteers also took time to go to nearby small hotels and communicated to spread the message of need for personal hygiene, the hygiene of the working area for prevention of diseases.

9-10-2014 Suchitwa Mission – Cleanliness Campaign

NSS Volunteers cleaned the NSS vegetable garden. The roads and the surroundings areas lying adjacent to the College were cleaned by the volunteers. The waste plastics, bottles were collected and handed over to the corporation authorities. Paper bags made by the NSS volunteers were distributed in the nearby shops
8-9- 2014 Suchitwa Mission - Competitions Conducted

Essay, Speech competitions on “Solid Waste Management” conducted by NSS as part of Swacch Bharath Project for the students of the College. This was meant to create awareness among the students about the problem of solid waste and how to manage it. A Debate competition conducted by NSS on Topic “Whether Solid waste management in the City is Effective or Not “ as part of Swacch Bharath Project on 9-10-2014. These competitions were planned to impart message of importance of cleanliness among the students.
Winners:

Essay Writing

Malayalam – 1st Priyanka Rajeev (I Sem Sociology)
2nd Jilmy T Shaji - (III Sem Botany )

English - 1st Arakkal Indulekha (V Sem Functional English)
2nd Karthika P Vijayan (III Sem BA English)

Speech

1st Arakkal Indulekha (V Sem Functional English)
2nd Meera Davi Challiseri (I Sem BCom)

Debate

Best Team Siji V J (III Sem BA English )&Emilie Joy (I Sem BSc Maths )
Best Speakers Siji V J (III Sem BA English) & Meera Davi Challiseri (I Sem BCom)

Poster

Ronia Robin (III sem Physics)

Anjali AS (V Sem BA Sociology)

8-10-2014 Observance “World Hospices and Palliative Care day”

On 8th of October, As part of the “World Hospices and Palliative Care day” a road show programme organized by Alpha Pain and Palliative care, reached the Vimala College. The NSS volunteers gave a hearty welcome to the road show. A short film highlighting the importance of palliative care was screened. Volunteers promised their whole hearted support for the pain and palliative care activities.
9-10- 2014 Vegetable garden visits

NSS Volunteers who participated in this years NSS camp visited the houses where they had set a vegetable garden during their camp days. Volunteers visited the NSUP School and the vegetable garden there. Volunteers were given a warm welcome by the inmates.
Vegetable Garden set at NS UP School as part of Special camp on 9th September 2014
11-10-2014 Seminar Participated

Girl Child Day was observed by NSS Volunteers of Vimala College by attending a seminar at Police Club, Thrissur. The programme was jointly organised by Child Line and Student Police Cadet, Thrissur. The talk on “Life Skill Development” by Child Line District Coordinator Smt Wili Jijo was very useful and inspiring.

15-10-2014 Competitions Participated

25 NSS Volunteers participated in the various off stage competitions (Essay, Short Story, pencil Drawing, Poetry) conducted by ‘Oasis’ the Pain and Palliative Care Unit “Sparsham 2014” of Government Engineering College, Thrissur. Hanoof I Sem FCS bagged II prize in Essay Writing in English.

16-10-2014 Observance – World Food Day – Seminar organized

A class on Food and Healthy Habits was organized of the NSS Volunteers as part of the World Food Day 16th October. The Class was conducted by Miss Sangcha of Dept. Of Home Science. During the class she led us through an interactive session and made us aware of the unhealthy eating habits. She also warned about the diseases which are likely to embrace us, if we skip our food at regular times. The seminar proved to be useful for NSS students.
"Sparsham 2014" Competitions on various stage events organized by Pain and Palliative care unit -‘Oasis’ of Govt Engineering College Thrissur, were held at Millennium auditorium of Government Engineering College on 21st October. NSS unit coordinated the event and maximum number of students participated. The overall trophy for scoring maximum points was won by Vimala College Thrissur. The trophy was received by Dr Sr Maries V L Principal Vimala College.

NSS Volunteers participated in Tableau and Collage. Kumari Hanoof and team won Third Prize in Collage and Anusree R and Team won First Prize for Tableau.

Malayalam writer Sarah Joseph gave away the prizes. Vimala College bagged the Overall Championship in the competitions.

Following Students are secured prizes

1. Diana Rose – Versification English – 1st
2. M Reesita _ Versification English – 3rd
3. Vinny Vincent _ Versification Malayalam – 3rd
4. Hanoof, Dilshara,Neha – Collage – 1st
5. Vyshnavi – Essay Writing – 1st
6. Hanoof – Essay Writing _ 2nd
23 to 24-10-2014  UGC National Seminar participation and Paper Presentation

Three students, Aswathi Prasad, Riya Shah, Greeshma K G represented NSS units of Vimala College and presented a paper on “Empowering Youth through National Service Scheme” at UGC Sponsored National Seminar “Youth and women Empowerment : Vivekananda’s Message to India” organized by National Service Scheme of NSS College, Pandalam.

24-10-2014 Observance Breast Cancer Awareness Month  - Skit presented

October is breast cancer awareness month. Recently the incidence of breast cancer has gone up in our state. Early detection of breast cancer can save life. NSS volunteers performed a street play on this theme how early detection of Breast Cancer can help to save life. The venue was Swaraj Round and was part of a Walkathon organized by the Thrissur Obstetric and Gynaecological Society on 24th of October. NSS volunteers also expressed their solidarity to spread the message of “early detection saves lives”.

30-10-2014 Suchitwa mission programme

On 30th October, As part of the Suchitwa mission programme our NSS Volunteers, cleaned the road sides, busstop near to our College Premises. We were assisted by the Sri Anil Sukumaran of
Impulse solutions. We were rendered a helping hand by Councilor Sri Gopukumar and Health Inspector Thrissur Corporation Sri Nissar. Many common people and our NSS Volunteers participated in this cleaning programme. We were encouraged by the presence of Dr Sr Mariess V.L our respected Principal. The Health inspector promised us to take the challenge of cleaning the streets and join in our mission.
On 1st November NSS volunteers participated on the Oath taking ceremony organized by the Thrissur corporation as part of the “Suchithwa Nagaram Sudara Nagaram” project. The Students from various educational institution participated in the oath taking by arranging themselves around the Swaraj Round. The pledge was read out by the Thrissur Corporation Mayor Sri Rajan Pallan.
4-11-2014 Skill Acquisition Programme

As part of skill acquisition programme NSS volunteers underwent a training program to make the pen stand out of paper.

6-11-2014 Voter ID Registration – Organised
Voters ID registration was done for the I sem and III Sem students on 6-11-2014. As part of the program 354 students who have completed the age of 18 on or before 1-1-1996 got registered for getting voters id. Those Teachers and non-teaching staff who wanted to change their address of voters id also availed the facility. The people from the neighboring areas of the college also availed this opportunity. I semester students who completes the age of 18, on or before 1-1-1996 will register their names for voters id by 20th nov 2014.

18-11-2014 Participation in Public Meeting

NSS volunteers attended a meeting at Town Hall Thrissur a programm organised by the Thrissur Corporation to greet the Dr Radhakrishnan ISRO Chairman.

27-11-2014 Seminar Participation on Organic Farming

NSS volunteers attended a seminar on organic farming at Sahitya Academy Hall organised by Kerala Agriculture University, Vellanikara.

1-12-2014 Observance World Aids Day
World AIDS Day was observed by screening a film, a programme to spread awareness on different aspects of AIDS.

1-12-2014 Competitions - Conducted World Aids Day

As part of World Aids Day a Poster making competitions organised and Department of Chemistry and Physics bagged the First and Second prize respectively.

3-12-2014 Observance - World Disabled Day

World Disabled Day was observed by NSS volunteers by helping in the smooth conduct of sports for the disabled at Thoppil Stadium thrissur.

4-12-2014 World Aids Day

As part of World Aids Day a poster exhibition was organised at leisure tower to create an awareness amoung the students regarding the HIV AIDS ,blood transfusions ,blood doantions etc. The volunteers also staged a mime show at leisure tower spreading the message the importance Blood Donations.
5-12-2014 Participation - Project Kudumbakootayama –Inauguration Seminar

Programme Officer Dr Manju Madhavan attended a meeting at velangaloor Panchayath as part of inauguration of Kudumbakootayama. On this occasion a LED Bulb making Centre and organic Farming Developing Centre was inaugurated by Padhamabhoosan Sri Madhav Gadgil.

12-12-2014 Suchitwa Mission - Photographic Exhibition –Environment

Photographic exhibition by “LEAP” Ecofriendly group organised at College Auditorium. About 200 plus photographs were exhibited. The photographers too were present there to explain their
experience on nature and wild life photography. Watching the photographs was a real experience and it presented a beautiful aspects of nature. As part of concluding session a talk was arranged for the NSS volunteers which stressed the importance of conservation of Nature, environment cleanliness.

15-12-2013 Participation Seminar

NSS Volunteers Ashitha and Anila attended a one Day Seminar on “Role of NSS Volunteers” organised at EMS Seminar Complex, Calicut University.
18-12-2014 Mass Cleaning Programme

NSS volunteers were involved in the cleaning programmes of the near by areas of the College. This time the volunteers cleaned the road stretching from college till the power house.

20-12-2014 Celebrations – Rally - Old Age Home

NSS volunteers, assembled at college on first day of Christmas holidays. They marched to the old age home with placards and slogans for a healthy, neat environment inspiring the bystander to keep the surroundings clean and tidy by avoiding plastics.
They then went to Govt Old Age Home Ramavarmapuram to celebrate Christmas and to spend some time with the inmates. They had planned some cultural program to make the senior citizens happy. They also did a small cleaning work in the old age home premises by removing a pile of soil and making it comfortable for the inmates to walk. This was followed by a small cultural event and evening tea. With a piece of cake and some snacks we wished all of them a Merry Christmas and A Happy Happy New Year. The ammumas and muthachans also actively participated in the cultural programmes and few games thrown open by the volunteers. All the volunteers were happy that they could give some time and moment of happiness to the old inmates.
20-12-2014 Seminar Participation

Athira Rudran II Sem FCS and Anima Jose II Sem Sociology attended a one day training programme in connection with “Bleed for the nation” organised by Rajiv Youth Foundation. The training was conducted from 10 am to 4 pm on 20.12.2014 at EMS Seminar Complex, University of Calicut.

30-12-2014 Seminar organised Socio Economic Survey at Velangallor Panchayath

A Seminar on need of the survey at velangllor Gram panchayath and how to conduct a survey was chaired by the project co-ordinator Dr Vijayan V.S, Director of Salim Ali Foundation and Former Chairman Biodiversity Board. The purpose of the survey is to built a model self reliant panchayath at Vellangallor. The datas related to present facilities, future needs, loans, area possessed, land and their present income etc is to be collected through this survey.

30-12-2014 Participation - Suchitwa mission - Cleaning programme

District level programme of Suchitwa Mission was conducted in the College auditorium. As part of the programme a cleaning programme was organised in front of the College. The NSS
Volunteers took part in the cleaning program and rendered their service as volunteers in the smooth conduct of the programme.

5- 1-2015 Survey Vellangallor Panchayath

Eighty NSS Volunteers took part in the survey and collected details from 380 houses in Vellangallor Panchayath and handed over the details to the President ,Vellangallor Panchayath and Dr Lalitha Vijayan ,Director Salim Ali Foundation .

12-1-2015 Observance - National Youth Day

National Youth Day was observed by organizing a rally in the College and neighborhood of the College. A pledge was taken by all the students. They have committed themselves to indulge whole heartedly in the nation building activities and also to inspire the younger generation to take the nation building activities with all solidarity.
14-1-2015 Observance – Road Safety Week

Road safety week was observed by organizing an awareness rally. The volunteers distributed the handwritten notices to the commuters in bikes, autos, and cars on safe driving. The people travelling in bikes without helmets were made to understand the importance of helmet by the volunteers.
14-1-2015 Hair for Cancer Patients

NSS in association with Red FM organized a program to provide hair for the cancer patients. 22 students gave 30 cm of their hair for making wig for the cancer patients.

15-1-2015 Ballon Release -

100 NSS volunteers rendered their service in distributing the balloons in the Balloons release program organized in the Thrissur District as part of the 38th National Games.
16-1-2015 Participation - Meeting

Dr Mimi Mani Panakal attended a meeting organized by the Youth Department on the organization of the Child Fest at Government Juvenile Home.

22-1-2015 Seminar organized - Pain and palliative care talk

A seminar on Pain and palliative care was organized in the college auditorium. Smt Vijayalakshmi and Smt Jyothi, members of pain and palliative care, took the subject forward.
They gave an idea of how the pain and palliative care works, what are their objectives, the various divisions like outpatient division, physiotherapy, home visits etc. the facilities provided freely to the needy patients like food for the family of poor patients, bed, fees for studying members, medicines for the poor patients etc.

23-1-2015 Participation Seminar

Dr Manju Madhavan attended a seminar on the smooth conduct of the Summer Skill Training programme ASAP at EMS seminar complex, University of Calicut.

29-1-2015 Competition Organised

Inter Department Patriotic song competition in memory of Dr Sr Alphonse santhi, Former NSS Programme Officer was conducted on 29th January at Seminar Hall from 2pm to 2.45 pm. The first prize was bagged by the department of English, Second prize to Dept. of Botany and Third to Dept of Commerce.
27 -1-2015 Child fest at juvenile Home

Child fest at juvenile Home NSS Volunteers went to Juvenile Home Ramavarmapuram from 27th Wednesday to 29th Friday and rendered their a helping hand for the smooth conduct of the Child fest.

30-1-2015 Sarvodaya Day  Gandhi Statue at Govt Old Age Home Thrissur

Gandhibhajan was performed by NSS Volunteers at Govt. Old Age Home as part of the function organized in connection with the installation of statue of Mahatma Gandhi ji at Govt Old age home, Thrissur.

2-2-2015 Vellangalloor Project coding  Class

Mr Kishoor gave a class on the coding of the survey formats collected in connection with the Vellagallor project.
28-2-2015 Awareness program on Life style diseases and Organ Donation

Awareness program on life style diseases was attended by NSS Volunteers. The class was provided by Sri Manoharan, Director Kidney Federation of India. The class gave an idea about need of organ donation, procedure, the need for such awareness class was discussed in detail. Sir also gave an idea about the lifestyle diseases which is the main cause for organ failure.

18-2-2015 Sasneeham Noon Meal Program

Sasneeham Noon meal program for the day was sponsored by NSS Volunteers. The noon meal provided to the children at Govt UP School Ramavarmapuram.

18-2-2015 Shallet Ist prize in all Kerala Speech competition

Shallet Babu and Sreelakshmi participated in the all kerala Speech and Light Music competition conducted by NSS Unit of Christ College Irinjalakuda. Shallet Babu Won First Prize in the Speech Competition.
5-3-2015 Felicitating the District Coordinator

The District coordinator Smt Sony T L was felicitated for winning the National level Best Programme Officer title for the first time in Calicut university in a function organized by NSS. The function was presided by Dr Sr Mariette Vice Principal. In the function Dr Vimala M, Dr Manju Madhvan and Mimi Mani Panakkal took part. The memento was presented to the District coordinator by the Vice Principal. The Best NSS Volunteer for the year was selected as Miss Anusree R. She was given the memento by the District Coordinator Sony T L.
7-3-2015 Juvenile Home Visit

Juvenile home visit was conducted on 7th March Saturday. NSS volunteers accompanied by the Programme officers reached the Juvenile home by 10 am. They were given a briefing of the activities of juvenile home by the superintend of Juvenile home. Then the children were called. An interaction with the 35 children was organized. They were all studying in the nearby school. Some children with mental problems were not studying. The children whom we met were not accused in any case. They had some family problem financial of separated parents etc. some children will go home during vocation. They participated in our games, sang songs etc.
The major highlights of the NSS activities 2014-2015 were

1. Setting up of vegetable garden in the college
2. Setting the vegetable garden in the selected 50 houses in Ward VII
3. Blood Donation Camp
4. Organised free Ayurveda and Eye camp for the students and community
5. Suchitwa Mission clean campus and clean city programme
6. Day celebrations
7. Awareness talk and seminars on Pain and Palliative care, anti drug campaign, Food and Health, Waste Management, Personality development, Organic farming etc
8. Awareness rallies Waste management, Road safety, Anti drug campaign
9. Hair Donation to cancer Patients
10. Preparation of Hand Written magazine
11. Visit to the Old age home, Juvenile Home, Asha Bhavan etc
12. Participation in various District level programmes
13. Participation in competitions